

Easy Sesame Shirataki Noodles

Description

Delicious noodles

Prep time: Ten minutes

Cook time: Ten minutes

Total time: Twenty minutes

Servings: 2

Ingredients

For Peanut sauce:

- 2 tablespoons of PB2 or creamy sugar free peanut butter
- 1 tablespoon of water
- 1 tablespoon of low sodium soy sauce
- 1 teaspoon of rice vinegar
- 1/8 teaspoon of garlic powder
- 1/4 teaspoon of black pepper
- 1 teaspoon of brown sugar
- 1/8 teaspoon of sesame or peanut oil
- 1/8 teaspoon of ground ginger

For Pasta:

- 1 package (8 ounces) of shirataki noodles, spaghetti-style
- Preferred vegetables (I prefer shredded carrots and snow peas)
- Optional garnish: toasted sesame seeds, peanuts, cilantro, and green onions.

Instructions

1. To prepare the sauce, combine all the ingredients in a bowl and set aside for about thirty minutes to combine the flavors. Store in the refrigerator until required.
2. To prepare the pasta, rinse the noodles and rinse. Dry on a paper towel, then pour into a pan and dry out over medium low heat.
3. Dice your preferred vegetables and pour into the noodles in the pan. Cook for an additional minute to heat through. Pour the peanut sauce into the pan and combine.
4. If desired, garnish with toasted sesame seeds, peanuts, and cilantro/green onions.